



**MeHeLP India Foundation**

# **MEHELP ESSAY COMPETITION**

**MeHeLP India Foundation**  
in connection with

**WORLD  
MENTAL  
HEALTH  
DAY 2022**

October 10th



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**MeHeLP India Foundation** is a registered charity in Kerala, India with the goal of **promoting mental health literacy in urban and rural India**. The Foundation aims to work with a wide range of partners to adopt nationwide strategies to educate our society about mental health, mental illness and help-seeking.

MeHeLP India Foundation promotes awareness about mental health and mental illness, availability of professional help, timely interventions, cultural heritage for mental health, and appropriate policies that can improve mental health care and support for urban and rural communities in India.

We support the World Health Organisation's (WHO) motto, **"There is no health without mental health"**. MeHeLP India Foundation promotes developing culturally appropriate mental health literacies using interdisciplinary and creative arts-based approaches in India.

## **MENTAL HEALTH IN TEENAGERS**

Mental health refers to the overall well-being of an individual that enables them to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. Our mental health influences how we think, feel and behave. Every aspect of our life is impacted by our thoughts and the state of our mental health. We are able to deal with adversity and unforeseen obstacles better when we have positive mindset, good physical health, caring family and supportive social connections.

In order to promote mental health, wellbeing and culturally appropriate mental health literacy among teenagers in Kerala, **MeHeLP India Foundation is organizing an 'Essay Writing' competition for World Mental Health Day 2022 (10th October)**.

Teenage years are associated with significant physical and psychological changes. This phase of life is associated with improvement in social skills, problem-solving abilities, change in socialization, and many other emotional changes through which one must navigate. With this rapid emotional and social change internally, together with changes in external environment which include parental expectations and academic challenges, it is only likely that teenagers face major mental health challenges in their life today.

According to the World Mental Health report by WHO (2022), 14 % of adolescents have mental health disorders and suicide is a leading cause of death among teenagers. The National Comorbidity Survey Replication found teenage onset for a significant portion of adult mental disorders. Research by Amrita Institute of Medical Sciences research (2018) puts the prevalence of mental disorders among teenagers in Kerala at 20 %. Teenagers are also vulnerable to being bullied, sexually assaulted and to the use of psychoactive substances. Hence it is important to give special focus to the mental health needs of teenagers.

The government of Kerala have initiatives like UNARV, KAAVAAL and, VIMUKTHI to meet the mental health needs of teenagers. Even with these programs many of the mental health support needs of teenagers remain unmet due to the lack of awareness of knowledge, resources and support for mental health and wellbeing by teenagers and their families.

MeHeLP Essay Competition 2022 aims to harness the energy, creativity and initiatives of young minds, in promoting mental health literacy & wellbeing. Our aim is to promote the inspirational learning of young minds in creating culturally appropriate Mental Health Literacy and awareness from a young age.



# TOPIC (ESSAY QUESTION)

## HOW DO CHILDREN & TEENAGERS IN KERALA CONSTRUCT MENTAL HEALTH & WELLBEING?

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### ELIGIBILITY

Students in Kerala between 8th to 12th standard

### LANGUAGE

English or Malayalam

### TERMS & GUIDELINES

- In the essay, you are expected to draw on your experiences for creating mental health and wellbeing.
- Essay must be original and unpublished. Plagiarized entries will be rejected. (All submissions will be tested for plagiarism)
- Essay should address only the chosen theme.
- Essay must be 1800 - 2000 words in English or 2200 - 2500 words in Malayalam.
- Essay must be written by one person. Co-authored essays are not accepted.
- Essay must be typed & submitted in either MS Word (DOC/DOCX) or PDF format with file size not exceeding 1MB.
- **Formatting Guideline**  
English - Font Arial, Size 12  
Malayalam - Font Noto Sans Malayalam, Size 12  
(can be downloaded from Google Fonts)
- Your name, age, school name, contact number and essay title should be added at the top of the first page. (Your details and essay title are not included in the word count limit)
- Save & upload the document in below name format  
name\_surname\_schoolname
- Only one entry per person is accepted.

**PS: Any submission received without satisfying all the above content guidelines & criteria will be summarily rejected.**

# PRIZE!

**10 BEST ENTRIES WILL RECEIVE A CERTIFICATE AND CASH AWARD OF RS. 2500/- EACH.**

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## KEY DATES

Submission deadline - 31st August, 2022

Finale Event (Winner Announcement) - 10th October, 2022

## JUDGEMENT CRITERIA

All the essays will be judged based on their structure, language, independent thought, depth of subject knowledge, clear reasoning, critical analysis and persuasive style.

## SUBMISSION

VISIT

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## DISCLAIMER

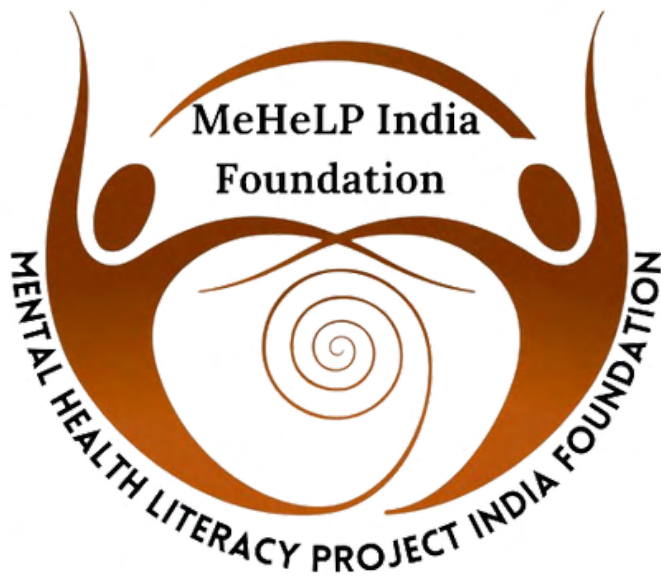
- No registration fees will be charged from participants.
- The Jury's decision will be FINAL and no queries related to the result will be entertained.
- By entering the competition, the entrant grants MeHeLP India Foundation the right to reproduce, publish, and use the submitted work and entrants details as required for appropriate purposes, without royalty, commission or further reimbursement. The work will be attributed to the entrant/author at all times practicable.
- MeHeLP India Foundation reserves the right to modify and format the essays for publication purposes.
- Prize money & certificates will be issued only to the 10 best entries.
- The organizers reserve the complete right to make changes in the program dates and times.


## FOR MORE DETAILS, CONTACT


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